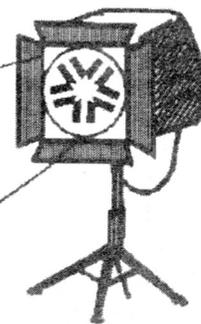


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXIV, ISSUE 8

A newsletter for D.C. Seniors

August 2013



EXECUTIVE DIRECTOR'S MESSAGE

By John M. Thompson, Ph.D., FAAMA

This month's edition of "Spotlight on Aging" highlights Mrs. Janet Reid, a D.C. Office on Aging (DCOA) customer. Recently, Dr. Chantelle Teasdell, associate director of DCOA's Aging and Disability Resource Center, and I visited with Mrs. Reid, who suffered a stroke on Jan. 5, to speak with her about her experience and how she's been able to manage after returning to her community.

When I knocked on Mrs. Reid's front door, we were met by her sister and granddaughter and a couple of small dogs. As we entered the house, I met Mrs. Reid's oldest daughter and friend.

As indicated by the strong family presence in her home, with dogs included, Mrs. Reid has solid family support. This is a key factor in an individual's successful adjustment to life after experiencing a serious health encounter — whether that support consists of family, close friends or church members.

Mrs. Reid credits her family in her recovery and her ability to resume a quality life in her community, as they have been instrumental in transporting her to medical appointments, to physical therapy appointments and providing in-home care.

I especially appreciate the inter-generational presence with Mrs. Reid's granddaughter being in the picture, as research tells us of the benefits that young children can have on seniors — such as increasing seniors' physical activity to improve circulation.

As Dr. Teasdell and I entered Mrs. Reid's living room, she walked in from the dining room to greet us as she lightly gripped her cane for a little assistance. My first impression of Mrs. Reid as a soft

spoken, introverted senior was quickly diminished by her liveliness and excitement as she spoke about her career and leadership in her profession until her retirement in 2007, her civic engagement in her community, and the stroke she suffered earlier this year that has temporarily altered life as she has known it.

Mrs. Reid as a leader



During her 40-year career with the Federal Reserve, Mrs. Reid served as a manager, where she managed an \$80 million budget.

Retirement did not mean riding off into the sunset, as Mrs. Reid is actively engaged in her church and community. The budget and finance skills that she developed while working for the federal government were instrumental in helping her to manage a much smaller budget as treasurer for her church as well as for her family reunion planning committee.

She has also served as Recording Secretary of Woodridge Civic Association, but has chosen to step down from that position since having the stroke, which has challenged her physical activity.

The stroke – beating the odds

On Jan. 5, Mrs. Reid experienced her second stroke. Like the first stroke in November 2009, this one occurred on a Saturday morning. Unlike the first stroke, this one would show physical signs usually consistent with the onset of a stroke.

She began to feel the symptoms

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Notice of Funding Availability

Fiscal Year 2014 Aging and Disability Resource Center Program Grants

The Government of the District of Columbia, Office on Aging (DCOA), is soliciting applications from qualified applicants to provide a full array of services and activities designed to enhance the overall health and well-being of the District's elderly population, aged 60 and above, and persons 18-59 years old with disabilities.

Funding is available for one applicant to serve Wards 1-8 in the District of Columbia. Funding is available through the Office on Aging from both federal- and District-appropriated funds.

The purpose of these funds is to complement existing supportive and social services and start up programs that target the population living in the District of Columbia. Examples of the service areas include, but are not limited to, the following:

- comprehensive assessment
- case management
- congregate meals
- counseling
- health promotion
- home-delivered meals
- nutrition counseling
- nutrition education
- recreation/socialization
- transportation of home-delivered meals
- transportation to site and activities
- weekend congregate meals
- weekend home-delivered meal service
- information referral and awareness
- person-centered transition and

support

- options counseling, advice and assistance
- streamlined eligibility determination for public programs
- consumer populations, partnerships and stakeholder involvement
- quality assurance and continuous improvement

In addition, the operator of the Aging and Disability Resource Center has the following responsibilities:

1. Develop and implement a needs assessment to identify the needs in the target community/ward;
2. Develop and implement a structured community outreach program; and
3. Establish a Members Advisory Council to serve as advisors to help develop a coordinated service delivery system.

Applicants who apply to this Request for Application must design services and document performance outcomes to meet the complex and ever-changing needs of the elderly individuals with the greatest economic and/or social needs, with particular emphasis on the low-income minority elderly.

Nonprofit organizations with places of business within the physical boundaries of the District of Columbia are eligible to apply. For-profit organizations with places of business within the

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New DCOA Website

The D.C. Office on Aging has launched a new website at www.dcoa.dc.gov. The new website is more interactive, and highlights new programming and resources available for seniors, persons with disabilities age 18 and older, and their caregivers. New features include easy access to popular links, job announcements, new initiatives for the Office on Aging and more. Please visit our website, and tell us what you think!



GOVERNMENT OF THE DISTRICT OF COLUMBIA

VINCENT C. GRAY, MAYOR

Wellness Centers Help Seniors Remain Healthy

The District of Columbia has six wellness centers with programming designed to help residents age 60 and older maintain healthy lifestyles.

Hayes Senior Wellness Center participant Carrie Doles has lost about 20 pounds since she began participating this spring. When asked about her weight loss recently, she said, "I lost about three more pounds. I don't want to do it too fast."

Doles became a member of the center after she saw a photo of her friend Doris Draughn featured on the cover of the *Beacon* with D.C. Office on Aging Executive Director John M. Thompson. Seeing her friend made her realize that she too could join the Hayes Senior Wellness Center, located at 500 K Street, NE. Attending

the Ward 6 center would be more convenient, which could allow her to attend more frequently. She had begun gaining weight after she stopped attending the program at the YMCA.

"Joining this program has enhanced my lifestyle of fitness and healthy eating," Doles, 72, added.

Doles is a resident of Ft. Lincoln and loves movement and dance. But she doesn't really enjoy the line dancing that is offered at most centers. Her husband, who died in 2000, was her dance partner. They married when she was 16, and they both enjoyed hand dancing, named the official dance of the District by Mayor Vincent C. Gray in 2011.

Doles is a member of the center's

walking club and attends several fitness classes, including "Butts and Guts" and yoga. "I am surprised and grateful that yoga classes have eliminated my arthritis pain," she said.

She was very happy when her son

recently married. During the festivities, she was careful of what she ate, and she was very proud of what she had accomplished with her weight loss. Doles is still beaming with pride.



Carrie Doles

Senior Wellness Centers

Bernice Fonteneau Senior Wellness Center

3531 Georgia Ave. NW
202-727-0338

Congress Heights Senior Wellness Center

3500 Martin Luther King, Jr. Ave. SE
202-563-7225

Hattie Holmes Senior Wellness Center

324 Kennedy St. NW
202-291-6170

Hayes Senior Wellness Center

500 K St. NE
202-727-0357

Model Cities Senior Wellness Center

1901 Evarts St. NE
202-635-1900

Washington Seniors Wellness Center

3001 Alabama Ave. SE
202-581-9355

Director's message

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of the second stroke that Saturday while at home. She walked down the

stairs, informed her younger daughter of what was happening, as she personally dialed 911 to request that Fire and Emergency Management Services (FEMS) come quickly to her home be-

cause she was having a stroke. According to Mrs. Reid, FEMS promptly arrived and transported her to the hospital, where she remained for seven days prior to being admitted to the National Rehabilitation Hospital.

She was discharged from that hospital on Feb. 16, after having been away from home for over a month. During her time at both medical facilities, she knew that she was on the road to recovery. Upon returning home, she quickly regained the confidence and strength to ambulate up and down the stairs. Mrs. Reid says her strong faith has kept her alive, and she is getting stronger every day.

DCOA's involvement

Not too long after having the stroke, Mrs. Reid's younger daughter, Tanya Reid, contacted me at the Office on Aging to inform me of her mother's health crisis and to explore options that could help her mother achieve her desire to return home. We discussed equipment, such as a wheelchair and a ramp for the home, and DCOA's home-bound meals.

I was able to send a social worker to the home to conduct a home assessment and enroll Mrs. Reid into one of our newest food programs — MOM's meals (Mail Order Meals). Through this food program, Mrs. Reid receives a home delivery of meals every two weeks. She is able to choose from nearly 50 meal options. This feature is designed to give customers control over their food preferences.

During our recent visit, I asked Mrs. Reid to describe for us a typical day at home. She responded that she enjoys

watching TV, completing crossword puzzles, and surfing the Internet in the comfort of her living room.

I encouraged Mrs. Reid to take advantage of the Ward 5 Model Cities Senior Wellness Center, which is approximately one mile from her home. I informed her that she can participate in chair exercises five days a week. I even shared that one of our participants in the Ward 1 Senior Wellness Center is a stroke survivor, and he participates in chair aerobics. This is a great way to be physically engaged by exercising muscles, which will increase blood flow throughout the body, while meeting friendly neighbors.

The purpose of highlighting Mrs. Reid in this issue of "Spotlight on Aging" is to inform you of the integral role that DCOA can play in assisting you in exploring home and community-based services after hospitalization. Through the Hospital Discharge Planning Program, an ADRC social worker can assist you with identifying options for receiving post-acute (after the hospital) care to ensure your success after returning home.

Like Mrs. Reid, many people who suffer a stroke or experience some other type of major health crisis understand that there is a road to recovery. However, they want to be able to return home, be with family, eventually return to their place of worship, and regain their regular routine as much as possible.

Please contact DCOA if you or someone you know could benefit from our services. There is no problem too simplistic or too complex for us. We want to help you! Please call us at 202-724-5626.



Commodity Supplemental Food Program (CSFP) Senior Farmers' Market Nutrition Program (SFMNP)



The Commodity Supplemental Food Program provides nutritious food and nutrition education to low-income DC residents: Women who are pregnant, up to 1-year postpartum; Children ages 1 thru 5 years; and Seniors 60 years or older. The Senior Farmers' Market Nutrition Program provides checks to CSFP seniors for the redemption of fresh fruits and vegetables.

Monthly Food Package

- Fruits
- Fruit Juice
- Cheese
- Vegetables
- Low-Fat Milk
- Non-Fat Milk
- Meat/Fish
- Rice/Pasta/Potatoes
- Cereal
- Beans
- Peanut Butter

Certification and Distribution Sites

2901 14th Street NW
(202) 265-8200 x307

3720 MLK, Jr. Avenue SE
(202) 715-7695

5601 East Capitol Street SE
(202) 645-6087

Each site is open Monday through Friday, 8:30 a.m. - 4:00 p.m.

For certification, please bring proof of address, income, age, & identification.

For more information, call D.C. Office on Aging at (202) 535-1417



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Community Calendar

August events

6th • 9 a.m. to 4 p.m.

Ward 8 Health Expo, hosted by the Specialty Hospital of Washington-Hadley on the hospital campus, 4601 Martin Luther King, Jr. Ave. SW. The event will feature free blood pressure screenings, glucose screening, HIV testing, body mass index (BMI), hearing tests and nutritional counseling. For more information, call Calvin Smith at 202-574-5705.

9th • 11 a.m.

Look for your favorite book at Library Day at all Ward 5 senior nutrition sites. For more information, contact Vivian Grayton at 202-529-8701.

12th • 11:30 a.m.

Learn about financial fraud at the Kibar Senior Nutrition site, 1519 Islamic Way NW. Call Vivian Grayton at 202-529-8701 for reservations.

13th • 11:30 a.m.

Find out what your alternatives to Pepco are at a talk at the Edgewood Terrace Senior Nutrition site, 635 Edgewood St. NE. Call Vivian Grayton at 202-529-8701 for reservations.

13th • 2 to 4 p.m.

The next seminar in Iona Senior Services' Livable DC Series is "Age in your neighborhood and know your rights." The program features Judy Levy, with Iona's Long-Term Care Coalition, and Kat Taylor from the Equal Rights Center. This free seminar takes place at Iona, 4125 Albemarle St. NW. To register, call 202-895-9448 or go to <http://iona.org/education-and-events/online-registration-for-free-events.html>.

14th • 11:30 a.m. to 1 p.m.

Learn about hospice care at a program at the Washington Senior Wellness Center, 3001 Alabama Ave. SE. For more information, call 202-581-9355.

21st • 11:30 a.m. to 1 p.m.

Take part in a workshop on understanding reverse mortgages and home equity loans at the Washington Senior Wellness Center, 3001 Alabama Ave. SE. For more information, call 202-581-9355.

28th • 11:30 a.m.

Metro officials will discuss the SmartTrip card at the Kibar Senior Nutrition site, 1519 Islamic Way NW. Call Vivian Grayton at 202-529-8701 for reservations.

September events

10th • 2 to 4 p.m.

The next part of Iona Senior Service's Livable DC Series is "Prepare to overcome everyday challenges and thrive" with Marlene Berlin, pedestrian safety advocate; Becca Smokowicz, Housing Counseling Services; and Bob Pohlman, Coalition for Nonprofit Housing and Economic Development. This free seminar takes place at Iona, 4125 Albemarle St. NW. To register, call 202-895-9448 or go to <http://iona.org/education-and-events/online-registration-for-free-events.html>.

12th • 2 p.m.

Art Cart: Saving the Legacy is a research project to assist elder artists in documenting their artwork. Join former Iona artists in residence with other program artists in a free panel discussion moderated by Patricia Dubroof, director of the gallery at Iona. Visit the website to see images of the artists' work: www.artsandcultureresearch.org/ac-artists1. The program takes place at Iona, 4125 Albemarle St. NW. To register, call 202-895-9448 or go to <http://iona.org/education-and-events/online-registration-for-free-events.html>.

HICP is Moving!

Beginning Aug. 5, the Health Insurance Counseling Project (HICP) will be moving to 650 20th St. NW. For more information, or to receive assistance with health insurance counseling and medical benefits, call the hotline number for HICP at 202-994-6272.

SPOTLIGHT ON AGING

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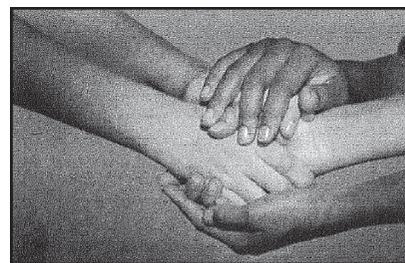
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Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

**The Office on Aging is
in partnership with the
District of Columbia
Recycling Program.**

Senior at SOME Recognized for Poetry

Seniors at SOME Senior Center recently celebrated an afternoon of tea and poetry. Participants shared their poetry, with staff as judges, and the winning entry was submitted by Florence Canada. The poem, "Who are they?" speaks of the activities seniors participate in at SOME and reflects on their friendships and their health. Canada dedicated the poem to her friends at the senior center, located in Ward 7. Congratulations to all of the participants!



Who are they?

Week after week

Winter, Spring, Summer and Fall,
We gather at Kuehner House, to have a ball.
We stay informed about health issues and the
rest,

From AARP and *all* the best.
Oh, there's bingo, and games that test your
skills.

When we get the answers it's *such* a thrill.
It's always good to be amongst your peers,
Sometimes we *laugh* until there are tears.
These are longtime friendships that stick like
glue.

Who are they?
They are YOU, YOU, and YOU.

Written by Florence Canada
To her Kuehner House friends.

Notice of funding

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physical boundaries of the District of Columbia are also eligible to apply, but must not include profit in their grant application.

The RFA deadline for submission is

Aug. 19, 2013, at 4:30 p.m. Applications can be obtained from the D.C. Office on Aging, 500 K St. NE, Washington, DC 20002. The RFA will also be available on the Office on Aging's website, www.dcoa.dc.gov and on the Office of Partnerships and Grant Services website, www.opgs.dc.gov.